
WYOMING

WIC PROGRAM

Food Shopping Guide



Eat Healthy
BE HEALTHY

Effective April 1, 2015
Version 4

INFORMATION

- ◆ **NO SUBSTITUTIONS ARE ALLOWED** - All WIC purchases are final, unless the item(s) purchased were expired or damaged.
- ◆ Not all products will be available at all stores.
- ◆ Take your receipt printout with you, or print a balance inquiry at the store before shopping. Make sure the foods you buy match your receipt.
- ◆ Let the cashier know that you will be using your WYO W.E.S.T. card.
- ◆ Give the cashier any Manufacturer/Store Coupons and/or Store Discount Cards as they are allowed and encouraged.
- ◆ If an item you are trying to purchase with your WIC benefits does not scan as WIC approved, please provide the UPC and a description of the product to your local WIC office immediately. (Tip: Take a picture with your smart phone and email it to wdh-wyvicebt@wyo.gov.)
- ◆ If you are not able to buy juice with your WIC benefits, the product may not have enough Vitamin C or make the correct amount. See label below:

Nutrition Facts		Amount /Serving	% DV*	Amount /Serving	% DV*
Add 3 Cans of Water!		Total Fat 0g	0%	Total Carb. 29g	10%
Makes 48 FL. OZ		Sodium 5mg	0%	Sugar 28g**	
Serving Size:		Potassium 300mg	9%	Protein 0g	
Conc. 2 fl. oz.		Vitamin A 0%	Vitamin C 120%	Calcium 0%	Iron 6%
Recon. 8 fl. oz.		Not a significant source of fat cal, sat fat, trans fat, cholest, and fiber.			
Servings: 6		*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Calories 120		** Contains Natural Fruit Sugars Only			

- ◆ In order to receive the full nutrition benefit, we encourage you to buy and use all of the food benefits prescribed for you and your family.
- ◆ If you have a smartphone, you can use the EBT Shopper app to find out if a food item is WIC approved before getting to the checkout lane. See back of brochure for information on the app.
- ◆ If your local WIC office is closed and you need assistance, contact 1-888-996-9378 during normal business hours.

DAIRY

MILK (type of milk is specified on receipt)

Store Brand in gallons for:

- Whole
- Fat Free (Skim)
- Reduced Fat (2%)
- Evaporated (12 oz cans)
- Low Fat (1%)
- Non Fat Dry (Only in 8qt boxes)



If there is only one quart of milk remaining on your card you may purchase name brand milk.

Any brand can be purchased for:

- Acidophilus
- Goat's Milk (canned, fresh, or powdered)
- Buttermilk
- Lactose Reduced/Free

Not Allowed: Organic, Flavored, Value-Added, Raw/Unpasteurized Milk, or Any Name Brand (except in quart size or those specified above)

SOY BEVERAGE

The following brands in quarts or half-gallons:

- ♦ 8th Continent
 - Original or Vanilla
 - Refrigerated
- ♦ Pacific Natural
 - Ultra Soy Vanilla or Ultra Soy Original
 - Shelf Stable
- ♦ Silk
 - Original
 - Refrigerated



Not Allowed: Organic, Any Other Brands, Any Other Flavors, or Rice/Almond Based Beverage

CHEESE



Store brand and Kraft, 8 and 16 ounce block packages, regular or reduced-fat in the following types:

- Cheddar-Jack
- Colby-Jack
- Mozzarella
- Cheddar (Yellow)
- Longhorn
- String Cheese (Mozzarella)
- Colby
- Monterey Jack
- Deluxe American Cheese Slices (not individually wrapped)

Not Allowed: Organic, Random Weight, Bulk, Shredded, Deli, Sliced, Gourmet, Individually Wrapped Sliced Cheese, Cheese Food Products, Cheese Spreads, White American, Any Other Size, Added Ingredients (i.e., Pepper Jack), or Any Other Flavor

PROTEIN

LEGUMES

Any brand, 1 pound (16 oz) bag dried or 15 to 16 ounce can, any variety:

- Beans
- Peas (no Sweet)
- Fat Free Refried Beans
- Lentils
- Low Sodium



4 cans = 1 pound of dry legumes.
Your benefit balance will be
deducted .25 units for each can
purchased.

Not Allowed: Organic, Canned Sweet Peas, Mixed Beans, Green Beans, Soup/Soup Mixes, Chili, Baked Beans, Beans with Meat, Soup, Snap Green, Wax, Yellow Beans, Added Flavoring, Added Fat, Added Oil, or Any Other Size

PEANUT BUTTER

Any brand, 16 to 18 ounce jars in creamy, crunchy, and extra crunchy



Not Allowed: Organic, Added Marshmallow, Added Jelly, Added Honey, Whipped, Natural, Squeeze Bottles, Low or Reduced-Fat, Other Nut Butters, or Any Other Size

EGGS

Any brand, large 1 dozen, white, Grade A, and Grade AA



Not Allowed: Organic, Brown, Eggland's Best, Cage Free, Free Range, Medium Size, Jumbo, Added Omega-3 Fatty Acid Eggs, or Any Other Count

WHOLE GRAINS

WHOLE WHEAT BREAD

Any brand, 16, 20, or 24 ounce packages



- **100% Whole Wheat Bread must be specified on the package**
- **First ingredient must be whole wheat flour**

Women can get only 16 ounce packages
Children can get 16, 20, and 24 ounce packages

Not Allowed: Organic, Enriched Wheat Flour, Bleached Wheat Flour, Hot Dog Buns, Hamburger Buns, Any Other Flavors, Light, or Any Other Size

WHOLE WHEAT TORTILLAS

16 ounce packages

The following name brands are allowed:



- | | | |
|---------------------------------------|-------------------------------------|---------------------------------------|
| • Carlita 100% Whole Wheat | • Herdez Whole Wheat Fajita Style | • Mission 100% Whole Wheat Soft Taco |
| • Chi-Chi's Whole Wheat Fajita Style | • IGA Whole Wheat Fajita Style | • Ortega Whole Wheat |
| • Don Pancho Whole Wheat Soft Taco | • Kroger 100% Whole Wheat Soft Taco | • Our Family Whole Wheat Fajita Style |
| • Guerrero 100% Whole Wheat Soft Taco | • La Favorita Whole Wheat | • Shurfine Whole Wheat Fajita Style |

Not Allowed: Organic, White Flour, Taco Shells, Tostada Shells, Flavored, Low Carb, Any Other Size, or Any Other Flavor

CORN TORTILLAS

Any brand, 8 or 16 ounce, soft, white, or yellow



- **First ingredient must be corn or corn masa flour**

Not Allowed: Organic, White Flour, Taco Shells, Tostada Shells, Flavored, or Any Other Size

BROWN RICE

Any brand, 16 or 32 ounce bag, short grain, long grain, or parboiled



Women can get only 16 ounce packages
Children can get 16 and 32 ounce packages

Not Allowed: Organic, Added Flavors/Seasonings, Mixes, Dinners, Instant, Ready to Serve, Boil-in-Bag, or Any Other Size

OATMEAL / OATS

Any brand, 16 ounce package, original flavor



Not Allowed: Organic, Instant, Added Flavors, or Any Other Size

BREAKFAST CEREAL

WG = Whole Grain as defined by USDA
GF = Gluten Free

OATMEAL

Store brand only, **11.8 or 12 ounce** box, regular flavor, individual packets

The following brands are approved:

- Essential Everyday
- Kroger
- Shurfine
- Great Value
- Our Family
- Western Family
- IGA
- Safeway Kitchens



CEREAL

12, 18, and 36 ounce packages

B&G Foods



Essential Everyday



General Mills



Great Value



IGA



Kellogg's



BREAKFAST CEREAL

Kroger



Corn Flakes



Crispy Rice



Bite Size Frosted
Shredded Wheat

Quaker



Life

Malt-O-Meal (bag or box)



Crispy Rice



Frosted Mini
Spooners



Blueberry
Frosted Mini
Spooners



Strawberry
Cream Frosted
Mini Spooners



Malt O Meal
Original

POST



Alpha-Bits



Honey Bunches of Oats
Almond Cinnamon Honey
Roasted



Honey Bunches of Oats
Whole Grain
Honey Crunch



Vanilla
Bunches



Grape-Nuts
Flakes

Our Family



Corn Flakes



Crispy Rice



Frosted Bite Size
Shredded Wheat

Shurfine



Corn Flakes



Crisp Rice



Bite Size Frosted
Shredded Wheat

Signature Kitchens (bag or box)



Corn Flakes



Crispy Rice



Bite Size Frosted
Shredded Wheat



Corn Flakes



Crisp Rice



Frosted
Shredded Wheat
Bite Size

Western Family

Not Allowed: Organic, Any Other Size, or Any Other Flavor

JUICE

**All WIC juice must contain
at least 120% Vitamin C
and be 100% juice**

JUICE FOR WOMEN

Any brand, in 11.5 to 12 ounce frozen or non-frozen cans; **Juice must reconstitute to 48 ounces**



Any brand, 12oz frozen Apple, Cranberry, Grape (white or purple), Grapefruit, Orange, or Pineapple



Welch's 11.5oz shelf stable (non-Frozen) Grape or Apple

JUICE FOR CHILDREN

Any brand, 64 ounce, in the flavors listed below



64oz Orange juice in a plastic jug/bottle or carton, refrigerated or shelf stable



64oz Apple, Cranberry, Grape (White or Purple), Pineapple, Vegetable, or Grapefruit shelf stable bottle

Not Allowed: Organic, Cocktail Juices, Apple Cider, Granny Smith Apple, Added Sugar, Added Sugar Substitutes, Any Other Flavors, or Any Other Sizes

FRUITS & VEGETABLES

FRESH FRUITS AND VEGETABLES

Any brand or any size

The following are approved:

Whole, pre-cut, organic, mixed, and packaged



- ◆ Your fruit and vegetable purchase must be less than or equal to the dollar value on your benefit balance receipt.
- ◆ Buy produce in season for the best price and flavor.
- ◆ If you are not able to purchase certain fruits or vegetables, it could be that the item is not flagged as WIC approved in the store's system. Please let your local WIC office know immediately.
- ◆ If you have less than a dollar for fresh fruits or vegetables on your card, try buying a single banana, apple, or orange.

Not Allowed: Frozen; Canned; Dried; Packages with Dip; Packages with Dressing; Fruits and Vegetables from Salad Bars; Fruit Baskets; Party Trays with dressing or dip; Seasoned Potatoes; Homemade Salsa; Edible Blossoms; Edible Flowers; Herbs; Spices; Aloe Leaves; Ornamental and Decorative Fruits and Vegetables, such as Chili Peppers on a String; Garlic on a String; Gourds; or Painted Pumpkins

INFANT PRODUCTS

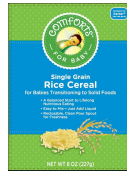
INFANT CEREAL

8 or 16 ounce containers, Rice, Oatmeal, Multigrain, and Whole Wheat

The following brands are approved:



Baby Basics



Comforts for Baby



Parent's Choice



Beechnut



Gerber



Tippy Toes

Not Allowed: Organic, Any Other Brands, Cereal in Cans/Jars, Added Formula, Added Fruit, Added DHA, Added ARA, Added Yogurt, Any Other Sizes, or Any Other Flavors

INFANT FRUITS & VEGETABLES

Baby Basics, Beechnut Classics, Gerber, and Tippy Toes

The following are approved:

- 2.5 ounce
- 3.5 ounce
- 4 ounce
- 6 ounce
- Single Fruits
- Single Vegetables
- First Foods
- Second Foods
- Third Foods
- Glass
- Plastic
- Multi-Packs with Single Ingredients



Not Allowed: Organic, Mixtures, Medleys, Added DHA, Added ARA, Added Cereal, Dinners, Desserts, Custards, Cobblers, Added Sugar, Added Starch, Added Salt, Graduates, 4.25 ounce, Pouches, or Blends

Ways to buy 128 ounces of baby food:

Any Combination is possible, you can mix and match different sizes

- 32 - 4oz jars
- 24 - 2.5oz 2 packs plus 2 - 4oz jars
- 16 - 3.5oz 2 packs plus 4 - 4oz jars
- 20 - 6oz jars plus 2 - 4oz jars

FORMULA

Only brand, type, and size specified on benefit balance receipt

Not Allowed: Substitutions or Exchanges at the Store

EXCLUSIVELY BREASTFEEDING

Breastfeeding is the best way to support the growth of your child while nurturing a bond that will last a lifetime.

Fully breastfeeding moms, pregnant women with multiples, and fully breastfed infants not issued formula from WIC receive extra food benefits.

INFANT MEATS

2.5 ounce glass jars, single meat variety with added broth or gravy

The following brands are approved:



Baby Basics



Beechnut Classics



Gerber



Tippy Toes

Not Allowed: Organic, Added DHA, Added ARA, Added Rice, Added Pasta, Added Noodles, Graduates, Dinners, Added Sugar, or Added Salt

FISH

TUNA - Any brand, in 5 or 6 ounce cans, chunk style, water-packed, light



Not Allowed: Organic, Albacore, White, Oil Packed, Pouches, Lunch Kits, Gourmet Flavored, Seasoned, or Any Other Size

SALMON - Any brand, in 5 or 6 ounce cans, pink, water packed



Not Allowed: Organic, Red, Blueback, Atlantic, Coho, Sockeye, Wild, Pouches, Gourmet, Flavored, Seasoned, or Any Other Sizes



Mother's milk has everything a baby needs to grow and stay healthy. With enough patience and support, there is a solution to every breastfeeding challenge and WIC is here to help.



The WIC EBTShopper mobile app enables WIC participants to verify the WIC eligibility of items while shopping. The app is free and can be downloaded by scanning the QR bar code or by going to ebtshopper.com.



WIC FRAUD OR ABUSE

Misusing the WIC Program takes away food and services from all WIC participants. Buying, selling, or giving away a WIC EBT card or WIC food benefits is against the law. You may be prosecuted for buying, selling, or attempting to buy/sell either a WIC EBT card or WIC food benefits.

Help put a stop to potential WIC Fraud. Please report any WIC participant or grocer whom you suspect of buying or selling WIC EBT cards or WIC food benefits, or any suspicious activity involving the WIC Program by calling [1-888-996-9378](tel:1-888-996-9378).

This Food Shopping Guide can be viewed from a smartphone or computer. Go to:

<http://www.health.wyo.gov/familyhealth/wic/FoodList.html>

OR

Scan the QR bar code and look for the Food Shopping Guide



Wyoming Department of Health
Public Health Division
WIC Program
6101 Yellowstone Road • Suite 420
Cheyenne, WY 82002



This institution is an equal opportunity provider and employer.